

Postponing Sexual Involvement: Abstinence Counseling and Education

Satellite Conference

Wednesday, March 2, 2005 • 2:00-4:00 p.m. (Central Time)
3:00-5:00 p.m. (Eastern Time) • 1:00-3:00 p.m. (Mountain Time) • 12:00-2:00 p.m. (Pacific Time)

The focus of this workshop is abstinence education and counseling for teen clients in family planning clinics. Abstinence education is an oft neglected tool in the family planning clinic. This workshop will reacquaint you with abstinence pros and cons, and how to effectively offer abstinence as a realistic option for your patients. Teens and their parents want to address the larger issues of life planning and how sexuality fits into a person's dreams for the future. Even perfect contraception use cannot guarantee protection from pregnancy and disease, and offers no protection from the important psycho-social risks of sexual involvement. This workshop will discuss current issues in abstinence education, specific techniques to use in patient counseling, the characteristics of successful abstinence programs, and resources available to you to enhance this area of your practice.

In addition to patient abstinence counseling, we will also examine how to partner with parents, adults who work with youth, and the larger community to make abstinence information part of your clinic's public health outreach.

Faculty:

Elise J. Turner, CNM, SANE-A
Education Coordinator
Mississippi Coalition Against Sexual Assault
Consultant to Emory University Regional Training Center
Atlanta, Georgia

Objectives:

1. State four ways that abstinence can benefit adolescents and their families.
2. Discuss the role of family planning programs in promoting abstinence.
3. Describe one major responsibility of family planning counselors with respect to abstinence education.
4. List three ways to introduce the topic of abstinence to young people.
5. Describe the abilities and information needed to present adolescents with information regarding abstinence.

Conference Details:

Target Audience: Nurses and social workers, health educators and school counselors.

CEU's: Nurses (2.1 hours) and social workers (2 hours)

Registration: www.adph.org/alphntn **Cost:** No cost to view. **Satellite Coordinates:** C & Ku Band.

Conference Materials: Posted on website approximately one week before the program.

Questions: alphntn@adph.state.al.us or 334-206-5618.

Issues or questions you want addressed during the conference?

Email (alphntn@adph.state.al.us) or fax (334-206-5640) the conference faculty before March 2, 2005.

They will respond during the program.